

**Programming for individuals with  
developmental disabilities**

Volume 4 Issue 14

**November / December 2005**

**"Santa Claus Shuffle"  
Holiday Dance**

**When: Saturday, December 10, 2005**

**Where: Norman Park Center  
270 'F' Street  
Chula Vista**

**Time: 7:00 P.M. - 9:00 P.M.**



**Members: FREE!!!**

**Resident: \$5.00**

**Non-resident: \$6.00**

**Join us for this night of holiday dancing & fun!!**

**Refreshments served during the night.**

**For more information, call:  
(619) 409-5800**



## Saturday Morning Recreation

**Parkway Community Center**  
**373 Park Way**  
**9:00 A.M. - 12:00 P.M.**

The Saturday morning drop-in recreation program is free to children, teenagers, and adults with developmental disabilities. Activities include: sports & games, music, arts & crafts, special fieldtrips and events.

NOVEMBER 12 - HARVEST FESTIVAL  
NOVEMBER 19 - FAMILY CELEBRATION  
DECEMBER 3 - HOLIDAY ARTS & CRAFTS  
DECEMBER 17 - HOLIDAY FEAST



**'SANTA CLAUS  
SHUFFLE'**  
HOLIDAY DANCE  
Norman Park Center  
Saturday, December 10, 2005  
7:00 P.M. - 9:00 P.M.

Come dance to your favorite tunes!  
Refreshments served during the dance.

<b>Members:</b>	<b>FREE</b>
<b>Resident:</b>	<b>\$5.00</b>
<b>Non-resident:</b>	<b>\$6.00</b>

## Cooking Class

**Parkway Community Center**  
**373 Park Way**  
**November 19 & December 17**  
**12:00 P.M. - 1:00 P.M.**

Learn hands-on cooking basics while preparing food to enjoy. Nutrition education and clean up skills are also included in this program. Registration is required. **Cooking class is limited to 8 participants. Call (619) 409-5800 for more information or to register.**



<b>Members:</b>	<b>\$2.00</b>
<b>Resident:</b>	<b>\$4.00</b>
<b>Non-resident:</b>	<b>\$5.00</b>

## Thursday Nights

**Chula Vista Woman's Club**  
**357 'G' Street**  
**7:00 P.M. - 9:00 P.M.**

Come and enjoy the fun in the Thursday night drop-in recreation program. The night is designed for teens and adults with developmental disabilities. Activities include: exercise, games, special events, & drama. This program is free. *Upcoming events:*

NOVEMBER 3 - HOLIDAY HOME DECORATIONS  
10 - NIGHT ON THE TOWN  
17 - 'TURKEY TIME' FEAST  
POTLUCK DINNER



Happy Thanksgiving!!

DECEMBER 1 - HOLIDAY FEATURE FLICKS  
8 - HOLIDAY STROLL  
15 - SEASON GREETINGS HOLIDAY SHOW

*Happy Holidays!*



## Leisure Bowling

**Brunswick Premier Lanes**  
**845 Lazo Court**  
**Sunday, November 20 & December 11**  
**3:30 P.M. - 5:30 P.M.**



Holiday bowling is designed for active children, teenagers, and adults with developmental and physical disabilities.

**"TURKEY SHOOT" BOWLING PARTY**  
**SUNDAY, NOVEMBER 20**

**ST. NICK'S BOWLING PARTY**  
**SUNDAY, DECEMBER 11**

**COST:** Members - \$6.00  
 Residents - \$9.00  
 Non-residents - \$12.00  
**FOR EACH PARTY**

**Note: Bowling fees must be paid in cash.**

**Call if you plan to attend any of these bowling days.**

## Club LV – Young Adult Club

**Loma Verde Recreation Center**  
**1420 Loma Lane**  
**Tuesdays, November 1 & 15**  
**Tuesdays, December 6 & 20**  
**7:00 P.M. - 9:00 P.M.**



Designed for independent, active young adults, ages 16 & up, with developmental disabilities. The focus will be on social interaction, leisure skills, and community awareness.

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**November 1 - Fall Into Crafts at Loma Verde**  
**November 15 - Game Tournament at Otay Rec**  
 Meet at Otay Recreation Center at 7:00 P.M. sharp  
 Enjoy an evening of pool, air hockey & foosball.  
**PRIZES FOR THE WINNERS!!**  
**December 6 - Holiday Cheer at Loma Verde**  
**December 20 - Holiday Shopping at Plaza Bonita**  
 3030 Plaza Bonita Rd., National City.  
 Meet in front of Oscar's Restaurant at 6:30 p.m.  
**Bring \$ for any last minute gifts or to buy a snack.**

## Free Style Dance

**Chula Vista Woman's Club**  
**357 'G' Street, Chula Vista**  
**October 26 – December 14**  
**5:30 P.M. – 6:30 P.M.**

Learn basic hip-hop steps and movements to the "top hits". It's a fun way to exercise and learn new dance steps designed for individuals 6 and up with developmental disabilities.

***Class size is limited to 15 participants .***



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**COST:**  
**Members: \$20.00**  
**Resident: \$24.00**  
**Non-resident: \$30.00**

## Therapeutics Membership

***Now Accepting***

Membership is not required to attend recreation programs.  
 Optional yearly membership is accepted September through August. Take advantage of the benefits:

Free dances, discounts on fieldtrips, classes, special events!

**Member T-shirt is included with registration.**

**RESIDENTS: \$40.00**  
**NON-RESIDENTS: \$50.00**

Membership is accepted at our programs *or* by mail:  
 City of Chula Vista  
 Recreation Department  
 Attn. Therapeutics Section  
 3554 Main Street  
 Chula Vista, CA 91911

Make checks payable to:  
**City of Chula Vista**



### **Community Access Program**

The Community Access Program (CAP) is a recreational project designed to provide social/leisure opportunities for individuals who need specialized accommodations in order to participate. CAP partners with the Chula Vista

Recreation Department once a month and provides door-to-door wheelchair accessible transportation and one-to-one supervision for selected Therapeutic activities ~ at no charge.

For details call: the CAP office:  
**(619) 267-7054**

### **Inclusion Philosophy**

The City of Chula Vista Recreation Department is dedicated to serving the needs of the community through inclusive programming. Persons with special needs are encouraged to participate in Department programs. 2 week notice required for assistance.

Contact Recreation Supervisor, Carmel Wilson, C.T.R.S.  
at (619) 409-5800.

### **SPECIAL THANK YOU TO THE FOLLOWING:**

#### **Von's Grocery**

Travis Stratton  
505 Telegraph Canyon Rd.  
Chula Vista, CA 91911

#### **NICE GUYS OF SAN DIEGO**

P.O. Box 881456  
San Diego, CA 92168

#### **Blackie's Trophies & Awards**

Mr. Bill Black  
263 3rd Ave.  
Chula Vista, CA 91910  
(619) 585-4830

#### **North Island Credit Union**

Mrs. Susan Skillman  
45 North Broadway  
Chula Vista, CA 91910  
(619) 656-7274

#### **Athletes Helping Athletes**

Fiona  
5549 Copley Drive  
San Diego, CA 92111

#### **DPR - Construction, Inc.**

Mr. Eric Cusik  
6333 Greenwich Dr.,  
Suite 170  
San Diego, CA 92122  
(858) 597-7070

#### **Food-4-Less**

Kye Downey  
660 Palomar St.  
Chula Vista, CA 91911

#### **Pizza Junction**

Andy Gorman  
226 Broadway  
Chula Vista, CA 91910  
(619) 585-1000



**CITY OF  
CHULA VISTA**

**Recreation Department  
Therapeutics Section  
3554 Main Street  
Chula Vista, CA 91911  
Phone: (619) 409-5800  
[www.chulavistaca.gov/rec](http://www.chulavistaca.gov/rec)**